



Photos courtesy of 8th Theater Sustainment Command

**MARINE CORPS BASE HAWAII, Kaneohe Bay — LSV2 CW3 Harold A. Clinger, crewed by the 163rd Transportation Detachment, arrives here, July 2, to conduct the first of eight surface lifts between Kaneohe Bay and Kawaihae Harbor in support of 3rd Marines as part of RIMPAC. LSV-2 will also partner with the 25th Combat Aviation Brigade, 25th Infantry Division, for casualty evacuation operations and a shipboard aerial resupply with the New Zealand navy.**

# Army sustainment troops, divers, watercraft, support RIMPAC 2014

**SGT. 1ST CLASS MARY FERGUSON**

8th Theater Sustainment Command Public Affairs

JOINT BASE PEARL HARBOR-HICKAM — Hawaii-based Army watercraft assets, divers and sustainment troops are playing major roles in surface/vertical lift, casualty evacuation and Logistics over the Shore (LOTS) operations during the biennial Rim of the Pacific 2014 exercise, through Aug. 1.

The 8th Theater Sustainment Command joined the 22 nations, 49 ships, six submarines, more than 200 aircraft and 25,000 personnel participating in the world's largest international exercise, designed to provide unique training opportunities and strengthen the cooperative relationships that are critical to ensuring safety of sea lanes and security in the world's oceans.

Nearly 70 percent of the world is water and 80 percent of the world's population lives on or near a coast, so freedom of movement is essential, especially in the Pacific region.

"The global maritime environment is too large and too complex for any one service or nation to safeguard and respond to situations in and around it alone," said Sgt. 1st Class Brandon Roth, operations lead, 8th TSC.

RIMPAC will exercise a wide range of capabilities and situations, from disaster response and maritime security operations to sea control and complex warfighting. It will also feature a humanitarian assistance/disaster relief event to facilitate training and certification for expeditionary forces to respond to foreign disasters.

During the exercise, the 524th Combat Sustainment Support Battalion will set up and validate its Early Entry Command

Post's ability to monitor, battle track and provide mission command in an austere environment.

Seagoing Soldiers of the 163rd Transportation Detachment crew the LSV-2 CW3 Harold A. Clinger, an Army logistic support vessel, for long-range escort and harbor approach operations with the Navy and Coast Guard during RIMPAC. LSV-2 is providing eight surface lifts in support of 3rd Marines as well.

The vessel will also partner with the 25th Combat Aviation Brigade, 25th Infantry Division, for casualty evacuation operations and a shipboard aerial resupply with the New Zealand navy.

During LOTS operations, the 7th Engineer Dive Det. will conduct port reconnaissance. The LSV-2 crew will exercise working in unimproved port conditions, as the 545th Trans. Harbormaster Det. provides command and control to train and validate the unit's Harbormaster Command and Control Center for employment in remote and unpredictable environments.

"The operations we're participating in this next month will help us learn, communicate and operate with our counterparts, as we discover each other's capabilities and how we can work together to maximize their impact," said Roth.

# LSV-2 lifts Marines

**STAFF SGT. GAELEN LOWERS**

8th Theater Sustainment Command

JOINT BASE PEARL HARBOR-HICKAM — As part of the biennial Rim of the Pacific 2014 exercise, Army vessel LSV2 (Logistic Support Vessel 2) CW3 Harold A. Clinger got underway from its homeport, here, to conduct the first of eight surface lifts between Kaneohe Bay and Kawaihae Harbor in support of the 3rd Marine Regiment, July 2.

The 163rd Transportation Detachment crew picked up approximately 1,500 short tons of Marine equipment for transport to the Big Island of Hawaii.

The vessel's cargo deck is designed to hold any vehicle in the Army inventory and comparable vehicles in sister services and partner nation militaries. The flat-bottomed boat can carry up to 15 M1 Abrams main battle tanks or 82 standard containers — the equivalent of 17 loads on a C-17 Globemaster III cargo jet.

The boat has bow and stern ramps for roll-on and -off operations, and can also beach itself to load or discharge cargo over the shore in as little as 4 feet of water.

"The RIMPAC surface-lift mission is relatively routine for the crew who regularly transports equipment to the training area for exercises throughout the year," said Chief Warrant Officer 4 Francis Lloyd, vessel commander.

This particular operation gave the 163rd Trans. Det. a chance to work with other services and 22 different nations, he said, and provided the crew with on-the-job training and experience on the vessel. Many of the crew members are directly out of initial training.



**A seagoing Soldier-crewman with the 163rd Trans. Det. checks heavy equipment being loaded aboard the LSV2 CW3 Harold A. Clinger, July 2, for one of eight lifts from Joint Base Pearl Harbor-Hickam to Kaneohe Bay and Kawaihae Harbor.**

# Special effects bring 'horror movie' realism to MASCAL responders

Story and photo by

**ANA ALLEN**

Pacific Regional Medical Command

HONOLULU — Stepping into a temporarily repurposed conference room at Tripler Army Medical Center, June 25, you might think you've accidentally stumbled into the special effects department of a horror movie set.

Tripler Soldiers lean over slabs of mock injuries, meticulously adding more and more gruesome details to their creations as they perfect the art of moulage in support of Rim of the Pacific (RIMPAC) 2014 exercise, the world's largest international maritime exercise.

"I can't believe I'm getting paid to do this! It's the last thing I ever expected to do when I signed up for the Army," said Pfc. Sungjae Park, behavior health specialist, as he added the finishing touches to his handiwork.

Park had created a moulage injury that would be anyone's worst day — impalement by a shard



**Pfc. Sungjae Park, behavior health specialist, TAMC, adds the finishing touches to his handiwork: A realistic mock flesh wound impaled with metal, June 25.**

of metal.

"It's important that our work looks as real as possible. There will be medical staff at RIMPAC accessing what kind of treatments they should apply based on our work, so we want to do our best," said Park.

Virtual or simulation training has become an essential part of military and civilian training and is intended to immerse an individual in a life-like situation where critical thinking and decision making are required, explained Dr. Ken Kelly, chief, Emergency Department.

"Simulation that recreates the stress and pressures of the real-life experience has the most value. Moulage lends realism to patient care in the simulated combat or disaster environment," Kelly said.

"This one needs more bone," said Pfc. Mike Calhoun, health care specialist, as he added more simulated blood, broken bones and bruises to his work. "Every injury that we do is based off an

exercise patient role player card that describes whatever the injury is supposed to be.

"It's actually pretty fun," continued Calhoun, carefully adjusting a piece of wood protruding from one of his creations. "It's not like any other assigned detail that you would do in the Army."

The simulated injuries and stage makeup was applied to exercise role players, who will endure a mock hurricane scenario during the mass casualty medical response portion of the humanitarian assistance and disaster relief exercise at Ford Island, today.

TAMC is slated to provide moulage services for all Hawaii-area health care organizations participating in RIMPAC, military or civilian.

RIMPAC 2014 will give government and private sector agencies, statewide, the opportunity to enhance disaster preparedness and provide a forum that enables them to identify — and improve — areas of performance.

# Under Secretary Carson poses 10 tough questions about the Army's future

Story and photo by

**J.D. LEIPOLD**

Army News Service

WASHINGTON — Under Secretary of the Army Brad Carson posed 10 questions, July 3, dealing with the size and composition of the Army, modernization and readiness.

The Army's 31st under secretary, who has been in office a little more than four months, spoke to members of the Association of the U.S. Army at their monthly breakfast.

He began by discussing the size of the Army and where it might go in the future before offering questions to ponder.

"At our height, we had 570,000 people in the Army; today we have 503,000," said Carson, a



Carson

former member of Congress from Oklahoma.

He said the Army is on its way down to 490,000 Soldiers and then to 450,000.

"And if sequestration continues to work its sinister effect on the Army, we'll be down to 420,000," he said, adding there may be great pressure to go even below that.

"We have an active component that has tremendous combat experience; we have about 40 (brigade combat teams) — hallmark fighting units for the Army," Carson said.

He added that the National Guard has 28 brigade combat teams and 350,000 people today. The Army Reserve has a little less than 200,000 people.

"This is the first question I would offer you today," he continued. "And this is a major question to the Army that we must grapple with. Are we going to be a threat-based structure or a capabilities-based structure?"

Carson said the second question goes to the heart of his work as the Army's chief management

officer. What is the ideal size of the generating force? The generating force is charged with manning, training and equipping Soldiers, and it has varied from 80,000 to 110,000 people throughout the last 15 years.

"We don't model with the same fidelity we do with the operating force, so that third question is how is that generating force sized and varied with the size of the operating force. We know it's not particularly linear," he said. "If we draw down the operating force by 10 percent, the generating force doesn't necessarily fall by 10 percent."

While indeed the Army is drawing down significantly, Carson's fourth question to the audience concerned itself with how quickly the Army could grow if it needs to. Meanwhile, the service continues to shrink to its lowest size since before World War II, when it had 280,000 enlisted and 14,500 officers. By the end of the war, however, the Army had grown to 90 divisions and more than eight million people.

"But we grew under very different circum-

stances back in World War II, with threats directly to the nation, and we had conscription with minimal political opposition," Carson said. "Between 2000 and 2011, we had all kinds of incentives in place trying to grow the Army during a war environment, and the most the enlisted force grew in a single year was nine percent."

The under secretary added that if the nation wanted to build the Army back up from 420,000 to 550,000 or 570,000 Soldiers, the force would need to grow by 35-40 percent in accessions annually. That's probably not possible, no matter what kind of incentives one puts in place, he said.

"So my fifth question to you is, if we're going down to 420,000 or lower, how do you build it back up? How quickly can we recruit the right people, to make sure we have enough units, field grade officers, senior NCOs? This isn't an easy question to answer," he said.





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Police Call

# Garrison vehicle towing guidelines updated

## Following guidelines may prevent a tow

**COL. MARK JACKSON**

Director, Emergency Services,  
U.S. Army Garrison-Hawaii, and  
Commander, 8th Military Police Brigade,  
8th Theater Sustainment Command

The Directorate of Emergency Services has updated its guidelines on vehicle towing across all U.S. Army Garrison-Hawaii installations.

Please be aware that there are several offenses in the Hawaii Revised Statutes (HRS) and the Installation Traffic Code that require vehicle impoundment. These include, but are not limited to, driving under the influence or with a suspended/revoked license and reckless driving.

Illegal parking may also result in a vehicle tow. Illegal parking is defined as any vehicle parked in a manner that creates a public safety hazard (i.e., parked in a crosswalk, fire lane or intersection), any vehicle parked in a “tow-away” zone, any vehicle parked within 15 feet of a fire hydrant, and any vehicle that interferes with the orderly flow of traffic or emergency operations.

Although every alternative to remove the vehicle will be made, the ultimate responsibility for the vehicle rests with the registered owner.



Jackson

Please keep in mind that a vehicle may be towed during noncriminal circumstances, as well. If a vehicle is disabled by a traffic incident and the operator is either unavailable or physically incapable of moving the vehicle, the vehicle will be towed and impounded to ensure a public safety hazard is not created or it does impede the flow of traffic.

**Abandoned Vehicles**  
Vehicles deemed abandoned by law enforcement will also be impounded in accordance with post policy. Once deemed aban-

doned, a DD Form 2504 (Abandoned Vehicle Notice) will be placed on the vehicle.

At that point, the registered owner will have three days to remove the vehicle before an impoundment action is initiated. After impoundment, the owner will have 120 days to claim the vehicle.

Two good rules of thumb are to always keep your vehicle’s documentation up-to-date and to ensure you are adhering to the installation’s traffic code and parking policy.

We appreciate your effort in upholding the excellence and safety of the USAG-HI community!



Courtesy photo

**If you see this sign, DES recommends you abide or you may be towed.**

# Early action emphasized for voter registration

**SGT. 1ST CLASS TYRONE C. MARSHALL JR.**  
American Forces Press Service

WASHINGTON — Service members, their families and U.S. citizens overseas away from their home voting locations should register early to ensure receipt of voting materials.

“The Federal Voting Assistance Program, or FVAP, is a program in the Department of Defense that helps ensure military members, their families and U.S. citizens living overseas are aware of their right to vote, and have the tools and resources to do that,” said Matt Boehmer, director, FVAP. “What we’re telling military members and their families is to get started. You need to register early.

“We also want to raise awareness to the idea that service members who move — whether it’s a deployment or a permanent change of station — need to let their local election officials know of this move,” he added. “The easiest way to do that is to fill out a new federal postcard application.”

More than 13,000 unit voting assistance officers are on the job throughout the military services, both stateside and overseas, and their job is for in-person assistance.

Boehmer also advised prospective voters planning a move to ensure they update their mailing address, because it doesn’t occur automatically.

“The initiative I’m most excited to talk about,” he said, “is for our younger, first-time voters in the military. A large portion (of voters) in the military are age 18



Ana Allen, Pacific Regional Medical Command Public Affairs

**HONOLULU — Brig. Gen. Dennis Doyle (left), commander, Tripler Army Medical Center and Pacific Regional Medical Command, along with Command Sgt. Maj. Robert Luciano, senior enlisted adviser, TAMC and PRMC, fill out FPCAs, June 30, to raise awareness for Armed Forces Voting Week.**

to 24. What we want to do is show these younger military members that voting is easy.”

The goal, he added, is for them to be successful in voting by showing them the tools and resources FVAP has in place to make voting easy.

Military members already using FVAP resources are more than likely to vote, Boehmer said, so officials want to show these younger, first-time voters that the process is easy and set them up for success.

For now, Boehmer noted, the best way to raise awareness about FVAP is through sharing information.

“We created an entire section on our website at FVAP.gov of outreach materi-

als,” Boehmer said. “And we simply ask people to share them. You share them with members of your unit; you share them with family members,” he said. “Simply getting the word out about the absentee voting process and how easy it is would be a big help to our program.”

Voting is a personal choice, Boehmer said, and FVAP wants to make sure those military members and their families who want to vote have the tools and resources to do so.

“We also want to remind military members and their families to do things early,” he said. “Register early. Request your absentee ballot early so that we can ensure that you receive your voting information.”



Courtesy photo

**In order to exercise your right to vote, first ensure you’re properly registered.**

### Registering made easy

FVAP has instituted a number of new initiatives for the 2014 election cycle, including a re-designed website and a digital toolkit for voting assistance officers. Voters should use a federal postcard application available by downloading it or using the on-line assistant that walks voters through the step-by-step process. Visit [www.fvap.gov/](http://www.fvap.gov/).



## First Steps in FAITH

# Adversity makes us reconsider what’s good

**CHAPLAIN (CAPT.) DARRELL V. BURRISS**

2nd Stryker Brigade Combat Team  
25th Infantry Division

Life can be full of joy:

•Couples getting married on beautiful Hawaiian beaches with their families and friends present.

•Soldiers learning they have made promotion lists.

•Babies being born.

•Celebrating our nation’s independence last week with the amazing fireworks show at Schofield Barracks.

•Just being on Oahu and experiencing all the island has to offer.

All these things brings joy to the heart. The joyful experiences of life are great opportunities to live to the fullest and

create lifelong memories.

However, life can also be full of pain and disappointment brought on by varying degrees of adversity. Just as joyful experiences can be great opportunities, so too, can adverse experiences be opportunities.

While adversity is not good in and of itself, good can result from adversity. Even from life’s most tragic events, good can result. How is that possible?

Adversity requires us to reconsider our notions of good. In our culture, good is thought of in terms of what brings pleasure, comfort or convenience. If that is the case, then adversity can result in nothing good.

But, what if good means something vastly different? If we think of good in terms of what causes growth or maturity, then adversity can certainly result in good.

Adversity can and should result in mental, emotional and spiritual growth and maturity. As we grow and mature in those areas, we can develop the skills

to survive adversity and thrive in spite of it. We learn to exercise tactical patience, assess the situation, envision an end state, make a plan to get there and execute it. In other words, we learn to become future focused.

With mental, emotional and spiritual maturity also comes the ability and desire to help others to survive adversity and then thrive in spite of it.

In other words, we learn to become outward focused.

*“And we know that God causes all things to work together for good.”  
— Romans 8:28*

We can claim the promise, above, even in adversity. It will require we see adversity as an opportunity to grow and mature, as a good. It also requires us to focus on the future and on others who are in need.

Whether we are going through adversity now or the next round, all things do work together for good.



Burris

# Voices of Ohana

**“If you could have dinner with any historical figure, who would it be and why?”**

Photos by 8th Theater Sustainment Command Public Affairs



“George Washington. I’d compare how things were then and now to see if we’ve progressed in a positive way.”

**Mark Arakaki**  
Chemist, USACE



“I would have dinner with Nikola Tesla. He was an inventor and genius who was ahead of his time.”

**Spc. Anthony Koch**  
Information system specialist, USARPAC



“I would have dinner with my favorite composer, Ludwig van Beethoven, just to get some insight on his personal life.”

**Jay Liang**  
Information insurance specialist, USARPAC



“Thomas Edison, because he was an inventor and a pioneer in electrical engineering.”  
**Sgt. 1st Class Christopher Sterling**  
QAQC TI, 536th SMC, 524th CSSB, 45th Sust. Bde., 8th TSC



“I would eat with George Washington, so I could ask him questions about his leadership style.”

**Ni Wang**  
IT supervisor, 311th SC(T)



# 311th SC(T) welcomes Curry as command’s new CSM

**JOSHUA RAY**  
311th Signal Command (Theater)  
Public Affairs

FORT SHAFTER — The 311th Signal Command (Theater) held a change of responsibility ceremony, Tuesday, with Command Sgt. Major Darris Curry accepting the symbolic Noncommissioned Officer’s Sword from Command Sgt. Maj. Allen Braswell.

Curry joins the command after a two-year assignment in Seoul, South Korea, as senior enlisted adviser of the 1st Signal Brigade.

“I totally commit myself to you and your families,” said Curry, addressing members of the 311th in attendance. “I want to thank Maj. Gen. Lawrence Brock for the opportunity to serve as the command sergeant major of this professional organization. I look forward to strengthening the theater voice and the partnership with our allies as we continue to support the multitude of theater missions, here, in the Pacific.”

“Your reputation is one of absolute excellence built on demonstrated superb leadership, broad operational experience and exceptional technical expertise,” said Brock, commander, 311th SC (T) and host of the ceremony. Braswell, who will become the se-



Spc. NikkoAneglo Matos, 311th Signal Command (Theater) Public Affairs

**(From left) Command Sgt. Maj. Darius Curry, incoming senior enlisted adviser, 311th SC(T), stands with Command Sgt Maj. Stepfon Watson, Network Enterprise, and outgoing Command Sgt. Maj. Allen Braswell during a change of responsibility ceremony, Tuesday.**

nior enlisted adviser for the 516th Sig. Brigade (headquartered on Fort Shafter), offered his own parting comments.

“This unit is no stranger to change, and because of its ability to keep moving forward, it continues to enjoy the greatness of success,” he said, thanking the 311th’s leadership for allowing him

to perform his duties without any reservations.

Braswell also extended a warm welcome to Curry and his wife.

“I was prepared and extremely excited to take the helm for as long as necessary; however, I am more excited about returning to my 516th family,” he said.



Spc. Jacob Kohrs, 311th Signal Command (Theater) Public Affairs

**Command Sgt. Maj. Darius Curry, 311th SC(T), inspects the NCO sword passed to him as a symbol of his acceptance of responsibility for the Soldiers of the command, Tuesday.**

# Installations soon to launch pilot SHARP Resource Centers

**LIBBY HOWE**  
Army News Service

WASHINGTON — The Army’s Sexual Harassment/Assault Response and Prevention, or SHARP program, aims to synchronize and professionalize victim advocacy services by establishing SHARP Resource Centers on military installations across the globe.

The Army intends to launch 11 pilot SHARP Resource Centers within the coming months, using the center already at Joint Base Lewis-McChord, Washington, as a model to analyze the effectiveness and assess costs needed to provide

SHARP services in centers on other military installations.

SHARP Resource Centers will “bring together all of the response system proponents in the Army into one single location,” said Lt. Col. Geoff Catlett, with the Army G-1 office.

The centers, Catlett said, will act as a one-stop consolidation of services.

“You’ll have lawyers, investigators, medical personnel and advocates all working together as a community of practice in order to support each other professionally,” he said.

SHARP Resource Centers will also house Sex-

ual Assault Response Teams. Each SART consists of four primary responders, including victim advocates from the military community’s SHARP programs, medical providers from the military treatment facility, criminal investigators from the supporting Criminal Investigation Division, and military prosecutors from the supporting Staff Judge Advocate offices.

“Now you have one place to go where all (these resources) are brought together. They get a very seasoned, professional team to support them, and they also don’t have to go to a half dozen locations across the installation,” said Catlett. “Having that professional team all in one place working together is synchronizing our efforts to professionalize and expedite our response to victims.”

Catlett expressed the Army’s excitement about the new model of response systems.

“If we, in any way, shape or form fail people who are dealing with this experience, we are failing as leaders across the Army. We just can’t accept that,” he said. “You can’t legislate your way out of this problem. You can’t regulate your way out of this problem. You can only lead your way out of this problem.”

The program is on schedule to launch 11 pilot SHARP Resource Centers, including one at Schofield Barracks, through February 2015. At



that point, an assessment of effectiveness and recommendations for additional implementation will be presented to the chief of staff of the Army.

“What we’re trying to do is put the systems in place and provide the tools to commanders, in order to change the culture and create an Army where everyone is treated with dignity and respect,” Catlett said. “If the Army can’t do it, then nobody can do it.”

**SHARP**

The origins of the SHARP program date back to 2008, when the Army’s leadership decided to focus prevention efforts on eliminating the behaviors that create an environment conducive to sexual assault.

Today’s SHARP program aligns with the Department of Defense Sexual Assault Prevention and Response Strategy and the Strategic Direction to the Joint Force on Sexual Assault Prevention and Response.

Implementation of SHARP follows the five imperatives set forth by the chief of

staff of the Army.

These imperatives focus on preventing offenders from committing crimes; reporting every allegation and ensuring it is professionally investigated; creating a positive climate and an environment of trust and respect; holding every individual, unit, organization and commander accountable for their actions; and maintaining a fully engaged chain of command.

Learn more about the Army SHARP program at [www.preventsexualassault.army.mil](http://www.preventsexualassault.army.mil).



# Army publishes SHARP campaign plan

**LILLIAN BOYD**  
Army News Service

WASHINGTON — “We must take conscious steps to understand and reduce environmental risks, identify predatory behaviors and mitigate personal vulnerabilities associated with sexual assault and harassment,” said Lt. Gen. Howard B. Bromberg, Personnel, in the opening letter of the Army’s first formal Sexual Harassment/Assault Response and Prevention (SHARP) campaign plan.

The Army saw a 50 percent increase in reports on sexual assault in fiscal year 2013 compared to fiscal year 2012, and officials believe it may be an indication of greater confidence in the Army’s response systems and chain of command.

In order to keep the momentum going, the SHARP campaign plan provides a road map of how the Army intends to synchronize actions across five lines of effort.

The SHARP efforts are in alignment with the DOD’s Sexual Assault Prevention Strategy to embed and inte-

grate programs across the force.

“To change the culture, to create an Army where everyone is treated with dignity and respect, where people understand boundaries — that takes time,” said Lt. Col. Geoff Catlett, Army Personnel. “I think what we’re doing is setting the conditions to create culture change.”

The campaign emphasizes prevention as a priority out of the five SHARP objectives.

“A lot of our training is geared toward education. We get a lot of young people coming into the military who don’t necessarily have a solid foundation on understanding boundaries between people,” Catlett said. “We try to educate young men and women of what it means to live in close proximity while treating each other with dignity and respect.”

As for investigating assaults, the SHARP program assures victims that investigators and prosecutors will take their case seriously in order to hold perpetrators appropriately accountable. However, there’s more to ac-

countability than punishing offenders.

“We are holding commanders responsible for their command climates and doing it in a way we’ve never done before,” Catlett said.

In addition to a more stringent directive on command climate assessments that includes questions on SHARP and which are administered more frequently at the company-level on up, commanders now have a 360-degree assessment tool that is used to evaluate performance.

“The Army will use these surveys and metrics to gather data and track progress for the assessment portion of the program,” Catlett said.

Catlett said he is inspired by how much SHARP means to the secretary and the chief of staff of the Army.

“They genuinely want to see an end to this horrible crime in our ranks,” Catlett said. “And I think commanders want that too. We just have to continue to educate and be constantly vigilant.”



# Commands announce leadership changes

**U.S. ARMY  
GARRISON-HAWAII**  
Public Affairs

The Army Hawaii command is invited to attend upcoming changes of command ceremonies.

The change of command ceremony is a time-honored tradition that formally symbolizes the continuity of authority when a command is passed from one commander to another.

All ceremonies are usually preceded by an awards ceremony.

## Leadership changes

**July 17,** U.S. Army Corps of Engineers-Honolulu District. Lt. Col. Christopher Crary will assume command from Lt. Col. Thomas D. Asbery at Fort Shafter’s Palm Circle at 10 a.m.

**July 18,** U.S. Army Corps of Engineers-Pacific Ocean Division. Col. Jeffrey L. Milhorn will assume command from Maj. Gen. Richard L. Stevens at Fort Shafter’s Palm Circle at 10 a.m.

**July 21,** 130th Eng. Brigade. Col. Blace C. Albert will assume command from Col. Diana M. Holland at Hamilton Field, Schofield Barracks, at 1 p.m.

**July 23,** 8th Theater Sustainment Command. Maj. Gen. Edward F. Dorman III will assume command from Maj. Gen. Stephen R. Lyons at Hamilton Field, Schofield Barracks, at 10 a.m.

**July 31,** 8th Military Police Bde. Col. Duane R. Miller will assume command from Col. Mark A. Jackson at Hamilton Field, Schofield Barracks, at 10 a.m.

**July 31,** 8th Military Police Brigade. Sgt. Maj. Angelia Flournoy will accept responsibility from acting senior enlisted leader Command Sgt. Maj. Bradley Cross at Hamilton Field, Schofield Barracks, at 10 a.m.

**Aug. 5,** U.S. Army Garrison-Hawaii. Command Sgt. Maj. Louis C. Felicioni will accept responsibility from Command Sgt. Maj. Philip J. Brunwald at Weyand Field at 10 a.m.

*(Editor’s note: Command Sgt. Maj. Richard Woodring, 8th MPs, is deployed and won’t be present when Flournoy accepts responsibility from Baker.)*

*Information listed is subject to change due to weather. Contact the units for more details.)*



# Army says 33K positions now open to women

DAVID VERGUN  
Army News Service

WASHINGTON — Secretary of the Army John M. McHugh signed a directive authorizing more opportunities for women to serve in a wider range of roles within the Army.

This authorization results in the opening of about 33,000 positions in units that were once closed to women, said Col. Linda Sheimo, chief of the Command Programs and Policy Division, Directorate of Military Personnel Management, Army G1 (Personnel).

The 30-day congressional notification required by law before implanting this change in policy was completed April 7.

“Soon, our formations down to company level will begin having female Soldiers arrive for duty to serve in positions once closed to women,” said Lt. Gen. Howard B. Bromberg, deputy chief of staff, Army Personnel. “However, this will not happen overnight. We will continue to incrementally fill these positions with Soldiers who have the ability, are qualified and have the proven performance to complete the mission.”

As a part of the incremental strategy, the directive states “female leaders will be assigned first to provide a support network for junior female Soldiers and to offer advice to the unit’s male leadership.”

“The decision to open these positions to female Soldiers was made after U.S. Army Training and Doctrine Command completed extensive validation studies, including physical fitness requirements,” Sheimo said. “Nevertheless, women (as well as men) who do not meet the standards will not be allowed into these MOSs (military occupational specialties).”

Sheimo explained that the standards are fair

and transparent.

“This initiative further aids Army leaders to select the best qualified Soldiers for each position within the Army profession,” Sheimo said. “The Army’s efforts across various spectrums will also ensure all Soldiers have the opportunity to serve successfully.”

Bromberg will issue additional personnel assignment guidance and unit training requirements in follow-on military personnel messages, according to the directive.

This change in policy means there are no more units in the Army that are closed to women. A closed unit was one that was expected to see combat. Because of this, women could not serve in those units, even if they served in MOSs that were open to women. With the change, women can serve anywhere in the Army, even in combat units, within an MOS that is open to women.

By Jan. 1, 2016, the Army will have completed validation studies for all 14 MOSs that are currently closed to women.

## Excluded MOSs

The new directive does not include changes to closed occupations in the Army.

There are 14 MOSs in the Army that are currently closed to women:

- Armor (19A/B/C/D/K/Z),
- Engineer (12B enlisted),
- Field artillery (13B/D/F), and
- Infantry (11A/B/C/Z).

Additionally, the new Army directive does not affect the special operations community.



File photo

Capt. Rachel Hanlon, then a first lieutenant shown in the Hawaii Army Weekly, (p. A-1, Nov. 23, 2012), completes a 12-mile road march on Schofield Barracks, Nov. 8, 2012. The change in policy means there are no more units in the Army that are closed to women.

# 8th TSC holds inaugural food service recognition dinner

## Overlooked warriors honored with event

Story and photo by  
**STAFF SGT. RICHARD SHERBA**  
8th Military Police Brigade Public Affairs  
8th Theater Sustainment Command

FORT SHAFTER — Behind the scenes of any successful organization are groups of supporting personnel working tirelessly to ensure its overall success.

Perhaps, however, no Soldiers are as overlooked as the food service specialists behind the scenes.

Some would argue this aspect is a testament to their hard work, professionalism, consistency and reliability. Troops are fed three times daily, on time, year-round. This is the norm, the expected.

Consistently exceptional standards and reliability that turn into “the norm/expected,” over time, can be taken for granted and overlooked. To remedy that, the inaugural 8th Theater Sustainment Command Food Service Recognition Dinner was held at the Hale Ikena, July 3, to ensure, for one night at least, that the spotlight shines on the hardworking food service specialists within the ranks.

“We wanted to set aside one night



Master Sgt. Robin Propes (right), senior food operations management non-commissioned officer, 45th Sust. Bde., receives the Honorable Order of Saint Martin from Col. Bernard Warrington Jr., assistant chief of staff for logistics, 8th TSC. The award was established in 1997 to recognize those who have made significant contributions to the Quartermaster Corps.

where it was all about the Soldiers, all about that cook who wakes up at 3 a.m. to prepare Soldiers’ breakfasts and doesn’t leave the dining facility

until 7:30 p.m. after serving dinner and cleaning up the kitchen,” said Sgt. 1st Class Mac Arthur Ocampo, rations noncommissioned officer in

charge, 8th TSC Consolidated Dining Facility, and one of the event coordinators.

“It sometimes can be a thankless job,” Ocampo said. “We just wanted to let them know that we do appreciate the work that they do, and all the hard work that they do in order to fuel the Soldiers.”

The night of great food, great music and a regal atmosphere was spent serving those who serve the units, along with their family members.

Hosting the inaugural dinner was Col. Bernard Warrington Jr., assistant chief of staff for logistics, joined by Command Sgt. Maj. Charles Tobin, senior enlisted adviser, both with 8th TSC.

The guest speaker for the evening was Command Sgt. Maj. Mark Morgan, senior enlisted advisor, 45th Special Troops Battalion, 45th Sust. Brigade, 8th TSC.

“It was a great honor to have Command Sgt. Maj. Morgan as the guest speaker; he is very near and dear to our hearts because he is a food service specialist. A lot of people forget that 92Gs not only work in the kitchen, but that they can become first sergeants, sergeants major and command sergeants major.

“Command Sgt. Maj. Morgan has

definitely set the bar high for us and serves as our role model,” said Ocampo.

Throughout the evening, the emphasis was placed on recognition of the food service specialists with videos, speeches, presentations and awards. One award recipient was Pfc. Deanna Walker, food service specialist, 8th Special Troops Battalion, 8th TSC.

Walker shared her thoughts on the evening after being awarded the Army Commendation Medal for being the 2014 (fiscal year 2nd quarter) 8th TSC Food Service Soldier/Chef of the Quarter.

“It was definitely surprising; I didn’t expect all of this. This really is a boost for morale,” said Walker. “You work hard all the time, and your mindset is ‘I don’t need recognition. I am doing this because I enjoy it, and this is my job.’ But then you get some recognition like this; you just have so much pride in yourself.”

Walker continued, “I thought maybe one or two Soldiers would get recognized tonight, but I saw a whole table full of Soldiers get recognized and that really is motivational. This is a great change of pace. We’re used to working behind the scenes. We don’t need this recognition. We do it because it’s our jobs, and we love what we do.”

# Carson: Roles of Guard, Reserve examined

CONTINUED FROM A-1

“The sixth question I offer you, and this is an important one, is whether the Army’s concepts of operations are adequate to a world where precision-guided missiles are proliferating; in a world where the price of computing, power sensors (and) weaponry is all going down relative to the cost of the means to protect against them; (and) whether it’s better armor, stealth of hypersonic speed. Are we ready for that kind of world?” Carson said.

Carson’s seventh question revolved around the roles of the National Guard and the Army Reserve. Should the National Guard be operational or strategic, he asked, and should combat-power roles be shared in some way between the two components?

“My eighth question to you deals with modernization,” he said. “Should we focus on resetting the vast property book of the Army or should we be thinking about next-generation investments and how do we balance these things?”

“The Army property book is now \$250 billion,” he continued. “We have a lot of gear out there. It’s expensive to sustain it. It’s expensive to recapitalize it as it comes out of theater, and some of it may not even be needed for the kind of wars in the future, so how do we balance these priorities?”

His ninth question was about the Army Force Generation model. He said ARFORGEN has been successful in readying the forces needed for Operations Iraqi Freedom and Enduring Freedom, “but at a high price.” He asked, “Is that the right model of readiness for the future?”

“And, a tenth question, (which is) somewhat controversial, the one that is so great just to me, is whether our emphasis on decisive-action training is adequate to prepare for the range of military operations the U.S. is going to face over the next 10, 20 or 30 years,” Carson concluded.

# Cacti warrior returns after half a century

Story and photo by  
**CAPT. RAMEE OPPERUDE**  
2nd Battalion, 35th Infantry Regiment  
3rd Brigade Combat Team  
25th Infantry Division

SCHOFIELD BARRACKS — The year was 1965 when Alan P. Stelzer first arrived at Quad C.

Stelzer was a college student and recent draftee with no knowledge of the 2nd Battalion, 35th Infantry Regiment, “Cacti,” 25th Infantry Division.

As a noncommissioned officer in the mortar section of Company B, he would soon find himself an integral role-player in training Soldiers and executing the mission in Vietnam.

Fast forward almost 50 years. Stelzer recently returned to visit Cacti headquarters and Schofield’s training areas, bringing back memories of his time spent on the island and the esprit de corps he shared with his fellow infantrymen during those pivotal, unforgettable years.

1st Lt. Loren Bell, along with other Soldiers from 2014’s Co. B, were Stelzer’s guides for visits to 2-35th Inf. Regt., the Tropic Lightning Museum and the Kolekole Pass.

The trip up Kolekole Pass brought back memories of Friday morning runs for Stelzer.

“On select occasions, the run was optional, and you were given the remainder of the day off after you completed the run,” said Stelzer. “That was the incentive.”

At first glance, Quad C remains aesthetically unchanged since Stelzer departed in



Alan Stelzer examines a weapon during his visit to a company arms room. Stelzer visited with Soldiers from the 2-35th Inf. Regt., 3rd BCT, 25th ID, at “Cacti Headquarters,” June 25.

1967. However, within the barracks’ façade, Stelzer immediately noticed the updated living conditions.

When asked about other notable changes since the time he was stationed at Schofield Barracks, Stelzer praised Cacti’s improved dining facility and advancements in mortar technology.

Later, during a question and answer session with Soldiers, he compared the mortar system he used during Vietnam to the mortar system of today. The Soldiers listened intently at the contrast between combat now

and then.

Though the Tropic Lighting Division legacy (and that of Cacti) only grew stronger over the intervening years, some things remain unchanged. Stelzer’s takeaway was that 2-35th’s leaders continue to be of the highest caliber. The training environment is unrivaled, and a sense of brotherhood is fostered here that stands the test of time.

Seltzer continues his support for the armed forces through his active roles with the 35th Inf. Regt. Association and the U.S. Navy League, Pasadena, California.



# TAMC unveils new patient lifts

System improves patients’ mobility, enhances safety

**ANA ALLEN AND SPC. PAXTON BUSCH**  
Pacific Regional Medical Command Public Affairs

HONOLULU – A ribbon cutting ceremony was held at Tripler Army Medical Center, here, June 26, after the installation of 41 patient lift systems into private and semiprivate patient rooms.

The lifts enhance staff and patient safety and the quality of care provided to patients.

TAMC first began the implementation of safe patient handling and mobility programs, May 22, after a joint incentive fund proposal was funded in 2012 to install the comprehensive program.

“Enhancing patient safety and reduction of acute and chronic injury to staff and patients is the core to the Safe Patient Handling Program initiatives,” said 1st Lt. Ashton Kimbley, TAMC Safe Patient Handling Program manager.

Kimbley explained that staff members are required to complete safety training prior to operating the lifts.

“We trained unit leaders and select staff for the super user course. These users will have a

### Uplifting Experience

Patients can expect to see the lifts at the following inpatient wards:

- Antepartum,
- General surgery,
- Gynecology,
- Labor and delivery,
- Medical oncology,
- Medical telemetry,
- Ortho-neuro-vascular and
- Pediatrics.

monumental impact on the effectiveness of staff training requirements,” he said.

Sit-to-stand assist lifts and mobile lifts similar to wall-mounted lift systems will be provided to the Emergency Room, Progressive Care and Intensive Care Unit.

The second phase of the project includes installation of wall-mounted lift systems into private, semiprivate and four-person patient rooms in these wards.

Additionally, ambulation tracks will be installed into select hallways.

Phase II paperwork has been initiated and has the potential for completion in 2015.



Spc. Paxton Busch, Pacific Regional Medical Command Public Affairs

Amber Perez of Handicare uses 1st Lt. Ashely Brewer, resident nurse, Medical Telemetry, to demonstrate one of the many ways the lift system can be used as Sgt. Matthew Lane, health care specialist, Labor and Delivery, observes, May 27.



2nd Lt. Ann Elizabeth Moore, medical operations officer, division surgeon staff, 25th ID, makes the first cut in the MSC birthday cake along with Brig. Gen. Dennis Doyle, commander, TAMC and PRMC, during a ceremony, June 30.

# Medical professionals celebrate 97 years of MSC

Story and photo by  
**SPC. PAXTON BUSCH**  
Pacific Regional Medical Command Public Affairs

HONOLULU — The U.S. Army Medical Service Corps (MSC) celebrated its 97th birthday at Tripler Army Medical Center and Pacific Regional Medical Command, June 30.

The MSC is comprised of a wide diversity of medical administrative, scientific and provider specialties ranging from the management and support of the Army’s health services system to direct patient care.

“(MSC) has a long and distinguished history,” said Lt. Col. Tanya Peacock, president, Aloha Chapter, Silver Caduceus Society. “With origins that can be traced back to the American Revolution, the members of (MSC) continue to strengthen the health of our nation by improving the health of the Army.”

The Silver Caduceus Society is a private association providing a forum for camaraderie furthering professional knowl-

edge between the officers of the MSC.

Over the past year, the Aloha Chapter of Silver Caduceus Society has conducted philanthropic events to advance within the community. Social events enable ready and resilient Soldiers, and educational events further professional development and show commitment to the Army Medicine 2020 Campaign Plan.



Lt. Col. Vernon Wheeler, incoming president, Aloha Chapter, Silver Caduceus Society, addresses participants at the 97th birthday of the MSC, June 30.

“(MSC) is an integral component of developing an Army that is fit and responsive to the global needs of America,” said Peacock, adding that MSC officers positively impact the lives of Soldiers and their families.

“The (MSC) serves a vital role in transforming our health care system to a system for health. Our corps is instrumental in developing partnerships, synchronizing efforts to maintain, restore and improve health, and providing innovative solutions for ensuring the delivery of reliable and effective health services,” explained Peacock.



# PCS? Change your TSP account address in myPay

**KISHA A. TAYLOR**  
Federal Retirement Thrift Investment Board

Think about it: How many times has your address changed since you’ve started contributing to the Thrift Savings Plan?

If you’re like many of your fellow military members, you’ve probably PCS’d (made a permanent change of station move) more than a few times.

With all of the chaos that comes with relocating, changing the mailing address associated with your TSP account may not be at the top of your list. However, it is important that you update the TSP section of your myPay account each time your address changes, so that you will continue to receive correspondence from the TSP.

Be sure to check information such as the house or unit number and the spellings of the street and city names. These simple steps will reduce errors and save you time and frustration.

If the information we have on file is invalid or



old, you risk not being able to access your account.

Let’s say you’re about to deploy, and you realize you’ve forgotten the password to your TSP account. You request a new one with the hope that it will reach you before you leave.

The TSP sends your replacement password to the address on record — the old address of your first duty station — and you deploy without having received it. Unfortunately, this could make it extremely difficult to move money or even view your account while you’re away.

Want to avoid these risks and prevent missing out on important TSP communications? Here’s how to update your TSP address:

- While you are active, going to the TSP section of myPay is the quickest and easiest way to update your TSP mailing address. You should know that the “Correspondence Address” section of myPay will not update your information with the TSP. You must go to the TSP section of myPay in

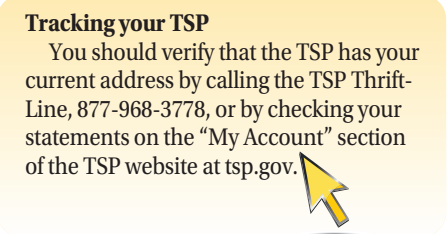
order to change your TSP address.

- On the other hand, if you are separated from service, you can view and change your address on the TSP website or complete and print a Form TSP-9, “Change of Address for Separated Participants,” to submit by mail or fax.

Whether you relocate down the block, across the country or to another part of the world, we’d like to keep in touch. Although it may seem minor, maintaining a current address is key to staying connected to your TSP retirement savings account.

**Tracking your TSP**

You should verify that the TSP has your current address by calling the TSP Thrift-Line, 877-968-3778, or by checking your statements on the “My Account” section of the TSP website at [tsp.gov](https://www.tsp.gov).



## NEWS Briefs

Send announcements for Soldiers and civilian employees to [news@hawaiiarmyweekly.com](mailto:news@hawaiiarmyweekly.com).


### Today

**Stay Current** — Read community bulletins about upcoming events, like road closures and scheduled outages for power or water, the day they are released. Visit the “Command Documents” page on the garrison website at [www.garrison.hawaii.army.mil/command/documents.htm](http://www.garrison.hawaii.army.mil/command/documents.htm) to learn more.

**Exercise** — Helicopters will practice transporting patients between Tripler Army Medical Center and Pearl Harbor, 8 a.m.-1 p.m. Traversing through the Moanalua community area flight patterns may occur more frequently during this time period.

**Chappy Anniversary** — The Army celebrates 239 years of the Chaplain Corps at Bellows Air Force Station Pavilion. Call 656-0288.

**Transparency** — Veterans Affairs released its bimonthly data update showing progress on VA efforts to accelerate access to health care for veterans waiting for appointments.



Visit [www.va.gov/health/access-audit.asp](http://www.va.gov/health/access-audit.asp).

Also, new burial regulations now allow the VA to automatically pay the maximum amount allowable under law to most eligible surviving spouses more quickly and efficiently. Visit [www.benefits.va.gov/compensation/claims-special-burial.asp](http://www.benefits.va.gov/compensation/claims-special-burial.asp).

**Customer Voices** — Participate in a customer survey about garrison services. Visit [www.surveymonkey.com/s/2014\\_USAG-HI\\_Community\\_Survey](http://www.surveymonkey.com/s/2014_USAG-HI_Community_Survey).

Take the Army Community Services’ Customer Needs Assessment Survey at [www.hi.mwr.com](http://www.hi.mwr.com) or [www.armymwr.com/ACS-Survey](http://www.armymwr.com/ACS-Survey).

### 12 / Saturday

**TSP Downtime** — Portions of the “My Account” section of the Thrift Savings Program website may not be available between 4 p.m.-midnight, local time.

### 14 / Monday

**Safety Class**— Join a three-day Safety and Health Management System course. Call 655-4243/4245.

**Got Ants?** — The Little Fire Ant (LFA) is considered the world’s most invasive species. A town hall is scheduled, 7-9 p.m., at Mililani Mauka Elementary School Cafeteria, to discuss stopping its spread.

Report LFA infestations at 643-PEST (7378); for info on the town hall, call 586-6090/7100.

## Traffic Report


Traffic Report lists roadwork, construction and noise advisories from the Army and the Hawaii Department of Transportation (HDOT). Visit [www.garrison.hawaii.army.mil/info/trafficcalendar.htm](http://www.garrison.hawaii.army.mil/info/trafficcalendar.htm).

Unless specified, all area codes are 808.

### Today

**Quad D** — Roadwork behind Bldg. 450 along Foote Avenue is extended. During this time, the left lane on Foote will be closed, 8:30 a.m.-2:30 p.m., until Aug. 29.

**Wheeler Exercise** — The second day of a full-scale exercise will test garrison responders. The Wheeler community can expect temporary road closures, exercise announcements on the mass notification systems and fire en-



gines/ambulances on the roadways.

### 12 / Saturday

**Schofield Outage** — Power will be off on Mellichamp Road, 7 a.m.-3:30 p.m., for work on traffic signals.

### 14 / Monday

**TAMC Closure** — There will be a 24-hour road closure of the left lane on Tripler’s Jarrett White Road for construction; the right lane will be closed July 15-26.

**AMR Closures** — Aliamanu Military Reservation’s Skyview Loop will be completely closed between Nim Place and Ixora Place, 8 a.m.-4:30 p.m. .

**SB Closure** — Schofield’s Lyman and Mellichamp roads near buildings 1670 and 1607 are scheduled for modified traffic flow, 7 a.m.-5:30 p.m., until July 20.

### 16 / Wednesday

**HMR Outage** — Power is scheduled to be off, 8 a.m.-2 p.m., in Helemano Military Reservation housing units 118, 121, 129, 139, 143 and 147. Nearby units should also be prepared.





# Students head back to class, Aug. 1

**SARAH PACHECO**  
Staff Writer

SCHOFIELD BARRACKS — It may be hard to believe, but back-to-school season is here!

To help parents and students prepare for

the first school bell of the semester, we've crafted this little red schoolhouse and filled it with important information, dates and reminders leading up to the beginning of classes.

Simply find your child's school in the

classroom windows and read on.

We welcome you to post this picture on your refrigerator for quick reference.

Or, for extra ease, consider cutting out the appropriate listings to have at hand during the next few weeks.

**RELATED STORIES**

• See pages B-2 and B-5 for more back-to-school information.

**Hale Kula Elementary School**

*Principal:* Jan Iwase  
*Contacts:* 622-6380,  
www.halekula.k12.hi.us

*Key Dates:*

- July 29** — Family orientation, in the cafeteria, 3 p.m.
- July 30** — Class lists for grades 1-5 posted, in the cafeteria, 4 p.m.
- July 31** — Meet and greet and supplies drop-off, 1:30-2:30 p.m.
- Aug. 1** — First day of school for grades 1-5; kindergarten classes/schedule TBD

**Helemano Elementary School**

*Principal:* Ernest Muh  
*Contacts:* 622-6336, www.helemanoelementaryschool.org

*Key Dates:*

- July 30** — Class lists for grades 1-5 posted, 8 a.m.

- July 30** — Meet and greet, 3-5 p.m.

- Aug. 1** — First day of school for grades 1-5; kindergarten classes/schedule TBD



**Makalapa Elementary School**

*Principal:* Denise Arai  
*Contacts:* 421-4110,  
www.makalapael.k12.hi.us

*Key Dates:*

- July 30** — Parent orientation, in the cafeteria, 9 a.m.
- July 31** — Meet and greet with kindergarten parents, in the cafeteria, 9 a.m.
- Aug. 1** — First day of school for grades 1-6; kindergarten classes/schedules TBS
- Aug. 14** — Open House, in the cafeteria, 4 p.m.

Registration for classes is ongoing, now, during weekdays, except holidays.

**Mililani Ike Elementary School**

*Acting Principal:* Lynne Ajifu  
*Contacts:* 626-2980,  
www.milike.k12.hi.us

*Key Dates:*

- July 21** — Class lists posted for grades 1-5, 8 a.m.; parents will be notified for kindergarten schedules
- July 30** — Meet and greet for grades 1-5, in the cafeteria
- Aug. 1** — First day of school for all grades

**Solomon Elementary School**

*Principal:* Sally Omalza  
*Contacts:* 624-9500,  
www.solomon.k12.hi.us

*Key Dates:*

- Aug. 1** — First day of school for grades 1-5; kindergarten classes/schedule TBD
- Aug. 1** — The free workshop "Night with Diana Day" is open to all parents, in the cafeteria, 5 p.m., offering advice on ways to work with children for a positive experience.

**Wahiawa Elementary School**

*Principal:* Jamie Oshiro  
*Contacts:* 622-6393,  
www.wes.k12.hi.us

*Key Dates:*

- July 30** — Class lists posted for grades 1-5, 8 a.m.
  - Aug. 1** — First day of school for grades 1-5; kindergarten classes/schedule TBD
- Registration for classes is ongoing, now, during weekdays, except holidays.



**Webling Elementary School**

*Principal:* Sherrylyn Yamada  
*Contacts:* 483-7240,  
www.weblingpueo.org

*Key Dates:*

- Aug. 1** — First day of school for grades 1-6; kindergarten classes/schedule TBD
- Registration for classes is ongoing, now, during weekdays, except holidays. Kindergarteners need to register as soon as possible.

**Wheeler Elementary School**

*Principal:* Troy Tamura  
*Contacts:* 622-6400,  
www.doe.k12.hi.us

*Key Dates:*

- July 14-18** — Kindergarten Camp; call school for more information.
  - July 25** — Class lists posted, after 9 a.m.
  - July 30** — Meet and greet for all families, 4-6 p.m.
  - Aug. 1** — First day of school for grades 1-5; kindergarten classes/schedule TBD
- Registration for classes is ongoing, now, during weekdays, except holidays.

**Aliamanu Middle School**

*Principal:* Bob Eggleston  
*Contacts:* 421-4100,  
www.aliamanumiddle.org

*Key Dates:*

- July 15-19** — Payment dues, bus fees and T-shirt purchases for all students
- Aug. 1** — First day of school and schedule pick-up for grade 7
- Aug. 4** — First day of school and schedule pick-up for grade 8

★ **Mililani Middle School**

*Principal:* Elynne Chung  
*Contacts:* 626-7355,  
www.milmdl.k12.hi.us

*Key Dates:*

- July 16** — Meet and greet, Blue Track families, in the cafeteria, 6:30-7:30 p.m.
- July 28** — First day of school for Green Track students; grade 6 students meet in cafeteria by 8:20 a.m.
- Aug. 6** — Meet and greet, Green Track families, in the cafeteria, 6:30-7:30 p.m.
- Aug. 20** — Tentative HIP session, all tracks, 6:30-8:30 p.m.

**Wheeler Middle School**

*Principal:* Brenda Vierra-Chun  
*Contacts:* 622-6525,  
www.wheelerm.k12.hi.us

*Key Dates:*

- Aug. 1** — First day of class for all grades

**Moanalua Middle School**

*Principal:* Lisa Nagamine  
*Contacts:* 831-7850,  
www.moanaluumiddle.org

*Key Dates:*

- July 14** — New student/parent orientation, in the cafeteria, 6-7:30 p.m.
- July 16** — Schedule pick-up for grade 8, 8:30 a.m. (last names A-G), 9:30 a.m. (last names H-N) and 10:30 a.m. (last names O-Z)
- July 17** — Schedule pick-up for grade 7, 8:30 a.m. (last names A-G), 9:30 a.m. (last names H-N) and 10:30 a.m. (last names O-Z)
- Aug. 4** — First day of school for grade 7 and new students in grade 8
- Aug. 5** — First day of school for all returning students in grade 8



**Leilehua High School**

*Acting Principal:* Jason Nakamoto  
*Contacts:* 305-3000,  
www.leilehuahighschool.org

*Key Dates:*

- July 16** — Registration for all students, at the library, 8:30 a.m.-noon
- July 23** — Student schedule pick-up, at the Registrar's Office, 8:30 a.m.-noon
- Aug. 1** — Freshmen orientation, 8 a.m.-noon
- Aug. 1** — New parents orientation, at the library, 8:30 a.m.-noon
- Aug. 4** — First day of school for all grades

**Radford High School**

*Principal:* James Sunday  
*Contacts:* 421-4200,  
www.radford.k12.hi.us

*Key Dates:*

- July 25** — Registration for all students, 9 a.m.-2 p.m.
- Aug. 1** — First day of school for all freshmen and new students
- Aug. 4** — First day of school for all grades

**Mililani High School**

*Principal:* Fred Murphy  
*Contacts:* 627-7747,  
www.edline.net/pages/Mililani\_High\_School

*Key Dates:*

- July 24** — Registration for all students, at the administration building, cafeteria and library, noon-8 p.m.
- July 26** — Registration for all students, at the administration building, cafeteria and library, 9 a.m.-3 p.m.
- Aug. 1** — First day of school for all freshmen, 8 a.m.
- Aug. 1** — New parents orientation, in the cafeteria, 6:30 p.m.
- Aug. 4** — First day of school for all grades
- Aug. 13** — Open House, 6 p.m.



**Child Safety**

Child safety is an Army community priority.

Children younger than 10 years of age cannot be left unsupervised at a bus stop and cannot walk to school alone. They must be escorted by a parent or sibling age 12 years or older.

Policy Memorandum USAG-HI 34, "Child Supervision Policy for Army Installations in Hawaii," states the conditions under which children must be supervised.

Now is the perfect time to update phone numbers, work numbers, addresses and email addresses with your school administrator. Failure to get a hold of a parent in an emergency situation could have devastating consequences.

For the safety of your child, ensure your entire family is familiar with and adheres to these policies. Let's do our part to keep our keiki safe.



**School Supplies**

School supply lists can be picked up at school front offices and at some retail stores, to include the Army and Air Force Exchange Service, Navy Exchange, Longs, Walmart and Kmart, or ordered online via school websites.

★ **Note:** Mililani Middle School runs on a track system, with three tracks always in session at one time. Students on the Red, Yellow, and Blue Tracks began classes Tuesday, July 8. The Green Track starts school July 28, during which time the Red Track goes on intersession.

## SCHOOL BUS

**Public School Buses**

Parents whose students are entitled to free bus passes must complete an application form at [www.ezmealapp.com](http://www.ezmealapp.com).

Completed forms and payment should be submitted to the school.

One-way bus coupons cost \$12.50 for a sheet of 10 (cash only). Round-trip and one-way fares also may be purchased on an annual or quarterly basis. Full rate schedules and eligibility requirements are available online.

Also, last year the Hawaii State Department of Education initiated its "Get on Board" program to reform its public school bus transportation system. The pilot launched at 30 schools in the

Aiea, Moanalua, Pearl City, Radford and Waipahu High complex areas, July 2013.

In October, the DOE announced it was expanding service to students from August Ahrens Elementary, Highlands Intermediate, Pearl City High and Waipahu High schools.

Get on Board is a multiyear, multi-phase commitment by the DOE and is expected to be available statewide within the coming school years. For more information, contact the child's school or the DOE Student Transportation Services Branch, 586-0170.

Parents also can contact the Get on Board Call Center, 206-7936 or [getonboard@hawaiidoe.org](mailto:getonboard@hawaiidoe.org).





Briefs  
Today

**Aloha Friday Barbecue** — The SB Leilehua grill offers a Friday barbecue lunch special, beginning at 11 a.m., until sold out. Menu items include smoked brisket ribs, pulled pork, barbecue chicken, pork chops, baked beans, cole slaw, potato salad and cornbread. Items cost \$8-\$10. Call 655-7131.

12 / Saturday

**“Read to Me”** — This summer program for children up to age 5 runs through July 12 for rewards program portion. For more details, contact USAG-HI FMWR libraries at 655-8002 (SB) or 438-9521 (FS).

**Summer Reading Club** — The summer reading club “Paws to Read!” for children (ages 6-12), teens (ages 12-18) and adults (18 and older) ends July 12.

Read one book a week and receive a weekly award, while supplies last. For more details, contact USAG-HI FMWR libraries at 655-8002 (SB) or 438-9521 (FS).

13 / Sunday

**World Cup** — Watch the FIFA World Cup final match on a 16-foot blow-up screen with surround sound at SB Tropics, 9 a.m.-1 p.m. All ID cardholders ages 18 and older are welcome. Call 655-5698.

16 / Wednesday

**BOSS Meetings** — Single Soldiers and geographic bachelors are invited to Better Opportunities for Single Soldiers meetings every Wednesday to discuss community service projects and fun upcoming programs. Call 655-1130.

Attend these meetings:

- North meetings, 3 p.m., 1st and 3rd Wednesday, SB Tropics Warrior Zone.
- South meetings, 10 a.m., 2nd and 4th Wednesdays, FS Bowling Center.

17 / Thursday

**Hand Building Clay Workshop** — Youths and teens can create their own ceramic tile designs during this two-day workshop, 10 a.m.-noon, at SB Arts & Crafts. Cost is \$25.

**Tropical Thursdays** — Free weekly Texas Hold'em poker, 6 p.m., SB Tropics Warrior Zone. All ID cardholders 18 and older are welcome. Call 655-5698.

19 / Saturday

**Summer Grillin’** — Grill your way into summer at the SB Tropics



Olivia Baker, 4-and-a-half years old, gets her school physical completed by Dr. Mark Liu (left), Tripler Family Medicine physician, while mom BJ Baker (not pictured) looks on, at TAMC's Family Medicine Clinic, June 28.

Tripler gets families ready for school with Saturday clinics

Story and photo by

ANA ALLEN

Pacific Regional Medical Command

HONOLULU — Tripler Army Medical Center’s Family Medicine Clinic is offering Saturday School and Sports Physicals and Immunizations, 8 a.m. to 1 p.m., July 19 and 26, for Tripler Family Medicine Clinic enrollees, ages 4 to 18.

Maj. Angelika Chiri, clinical nurse officer in charge at Tripler’s Family Medicine Clinic, said hospital staff understand the sometimes busy lifestyle of the typical military family and wanted to offer the convenience of Saturday clinics as a way to help families complete their requirements for the upcoming school year without the worry of parking or traffic.

“This is an awesome opportunity to complete your child’s physical before the rush. Saturday clinics are fully staffed to enhance your appointment,” she said.

Chiri also said families should be sure to bring immunization records, military ID cards and any other pertinent forms or information available for their visit.

BJ Baker, mother to Olivia Baker, who is 4-and-a-

half, participated in the first of the Saturday clinic offerings, June 28.

“With work and finishing my degree, the weekdays can get pretty busy,” Baker explained. “Having the option to come here to get Olivia’s school physical done on a Saturday is so easy and convenient.”

Amber Lang, mother to 3-and-a-half-year-old son Parker, also appreciated the Saturday clinic.

“The staff was welcoming and friendly,” she said. “The clinic was organized and had stations set up to make the appointment more efficient. They also had an immunization nurse who reviewed our records, and we were able to get shots updated as well. I highly recommend the weekend clinic.”

Appointments

Beneficiaries interested in taking advantage of the special clinic offerings may call 433-2778 to schedule an appointment.

Walk-ins are also accepted until noon.

with its Summer Series Part II, 5-10 p.m. Enjoy an all-you-can-eat barbecue for \$10, plus outdoor volleyball, slip and slide, limbo and more. Call 655-5698.

23 / Wednesday

**EDGE Home School Adventure** — In partnership with Outdoor Recreation, this program meets next to Surf ‘N Sea in Haleiwa. Participants should be proficient swimmers ages 10-18. Cost is \$20; instruction and equipment are included. Call 655-9818.

24 / Thursday

**Hand Building Clay Workshop**

— Youths and teens can create their own ceramic animals and learn other techniques during this two-day workshop, 10 a.m.-noon, July 24 and 31, at SB Arts & Crafts. Cost is \$25.

25 / Friday

**ACS Birthday** — Celebrate Army Community Service’s 49th birthday with festivities, 1-3 p.m., at the SB ACS building, SB Financial Resiliency Center, SB Soldier and Family Assistance Center, and FS Outreach Center. Call 655-4227.

**“Annie” Auditions** — Keiki are invited to audition for CYS Services SKIES Unlimited Theatre’s produc-

tion of “Annie.”

Prepare 16-24 bars from a song, to include one verse and one chorus. Auditions begin at 7 p.m. at the SKIES classroom, 241 Hewitt St., SB; arrive by 6:30 p.m. to fill out applications. Call Annie Kids at 655-9818.

31 / Thursday

**End of Summer Bash** — Kick off the school year at the SB Youth Center’s End of Summer Bash, 10 a.m.-3:30 p.m. Enjoy food, activities and entertainment, with plenty of games and prizes for all. The event is free and open to students in grades 5-12. Family participation is strongly encouraged. Call 655-0451.



Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today

**Bellows Closures** — Camping at Bellows Field Beach Park will be prohibited July 11-14, 25-28 and Aug. 2-3 for RIMPAC and other training exercises.

**Surf Contest** — Aloha Boardshop presents its third annual Fish Fry Surf Contest, July 11-13, at Kuhio Beach Park in Waikiki. The contest starts at 7 a.m., July 11, and will once again celebrate the classic “fish tail” shape of custom, hand-shaped surfboards, as well as hybrid shapes of modern surf culture. July 13, the Red Bull Party Wave surf competition will challenge teams to create, build and then collectively surf on a manmade vessel and perform a skit on the beach, all while in costume, in order to determine the most ingenious, innovative and downright wacky team.

Visit [www.alohaboardshop.com](http://www.alohaboardshop.com).

12 / Saturday

**Farm Fair** — The 52nd annual Hawaii State Farm Fair takes place 9 a.m.-7 p.m., July 12, and 9 a.m.-5 p.m., July 13, at Kualoa Ranch, featuring exhibits, games, keiki rides, demos, food, a country market and plant sale, and a Livestock

Tent where folks can meet animals like pigs, goats, chicks and steers and learn how they are cared for.

The event costs \$5 for the general public and is free to children and students with a valid student ID.

Free parking is available. Visit [www.hawaiistatefarmfair.org](http://www.hawaiistatefarmfair.org).

**Korean Festival** — The 13th annual Korean Festival runs 10 a.m.-9 p.m., at Magic Island, featuring a unique and authentic taste of Korean culture through food, dance, art, music and entertainment.

The festival includes performances in taekwondo and Korean fan and drum dances, and activities such as Korean cooking lessons. Visit [www.koreanfestivalhi.com/en/](http://www.koreanfestivalhi.com/en/).

**Ukulele Jam 2014** — Get ready

for a night of music at Ukulele Jam 2014, 5-7:30 p.m., at the Kapolei Shopping Center. The free sunset concert takes place on the lawn adjacent to the Kapolei Safeway and features live entertainment from local award-winning artists Kuana Torres Kahele, Kamakakehau Fernandez and Heart & Soul.

There will also be prize giveaways, including autographed CDs, gift cards and a “Soprano” model ukulele. Visit [www.inKapolei.com](http://www.inKapolei.com).

13 / Sunday

**Collectors Show** — Discover vintage and antique treasures at the 24th annual Hawaii All-Collectors Show, 10:30 a.m.-6 p.m., at the Blaisdell Exhibition Hall. Early entry is at 9 a.m.

Vendors from Hawaii, the U.S. mainland and Japan will offer the largest selection of vintage and antique Hawaiiana under one roof, to include Aloha shirts, Niihau shell lei, art, comics, estate jewelry, stamps, coins, décor, sports cards, toys, ukulele, autographs, orchids and more.

Entry is \$5 general admission, \$2 children. Visit [www.ukulele.com](http://www.ukulele.com).

**Kids Film Festival** — Enjoy free summer fun for families at the UH Kids First! Film Festival, 3-5 p.m., at the UH Art Auditorium. This week is the Norwegian award-winning film “Wolf Summer.” Recommended for children ages 10 and older. Call 956-9883 or visit [www.summer.hawaii.edu/kidsfirst](http://www.summer.hawaii.edu/kidsfirst).

16 / Wednesday

**Consumer Protection** — Celebrate Military Consumer Protection Day at Pearl Harbor Navy Exchange from 10 a.m.-1 p.m. Various federal, state and nonprofits will be on hand.

18 / Friday

**Summer Closure** — The FS Thrift Shop will be closed for summer break, through July 18. It reopens July 22. Donations will still be accepted in its shed near the front entrance of the shop.

**Joy of Sake** — Take part in this biggest sake bash outside of Japan, 6:30-9 p.m., at the Hawaii Convention Center. The event celebrates Hawaii’s 100-year love affair with sake, with a record amount of the world’s finest sakes available for tasting, along with appetizers from Honolulu’s elite restaurants. Call 228-0195.

Calendar abbreviations

8th TSC: 8th Theater Sustainment Command

25th ID: 25th Infantry Division

ACS: Army Community Service

AFAP: Army Family Action Plan

AFTB: Army Family Team Building

AMR: Aliamanu Military Reservation

ASYMCA: Armed Services YMCA

BCT: Brigade Combat Team

BSB: Brigade Support Battalion

Co.: Company

CYSS: Child, Youth and School Services

EFMP: Exceptional Family Member Program

FMWR: Family and Morale, Welfare and

Recreation

FRG: Family Readiness Group

FS: Fort Shafter

HMR: Helemano Military

Reservation

IPC: Island Palm Communities

PFC: Physical Fitness Center

SB: Schofield Barracks

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills

TAMC: Tripler Army Medical Center

USAG-HI: U.S. Army Garrison-Hawaii

USARPAC: U.S. Army-Pacific

WAAF: Wheeler Army Airfield



Additional religious services, children’s programs, educational services and contact information can be found at [www.garrison.hawaii.army.mil](http://www.garrison.hawaii.army.mil). (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers’ Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

- Thursday, 9 a.m. at AMR
- Saturday, 5 p.m. at TAMC, WAAF
- Sunday services:
  - 8:30 a.m. at AMR
  - 10:30 a.m. at MPC Annex
  - 11 a.m. at TAMC
- Monday-Friday, 11:45 a.m. at MPC and 12 p.m. TAMC

Gospel Worship

- Sunday, noon. at MPC
- Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- Friday, 2:30 p.m., TAMC
- Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

- Friday, 7:30 p.m. at PH

Pagan (Wicca)

- Friday, 7 p.m. at MPC Annex Room 232

Protestant Worship

- Sunday Services
  - 8:45 a.m. at MPC
  - 9 a.m., at FD, TAMC chapel
  - 10 a.m. at HMR
  - 10:30 a.m. at AMR
  - 10:45 a.m. at WAAF (Spanish language)
  - 11 a.m. at SC (Contemporary)
- Liturgical (Lutheran/Anglican)
- Sunday, 9 a.m. at WAAF



This Week at the  
**MOVIES**  
Sgt. Smith Theater

Call 624-2585 for movie listings or go to [aafes.com](http://aafes.com) under realtime movie listing.



Edge of Tomorrow

(PG-13)  
Fri., July 11, 7 p.m.  
Sat., July 12, 2 p.m.

22 Jump Street

(R)  
Sat., July 12, 6 p.m.



X-Men:

Days of Future Past

(PG-13)  
Sun., July 13, 2 p.m.  
Thurs., July 17, 7 p.m.

Planes

(PG)  
Thurs., July 17, 5 p.m.  
(\$2 matinee)

No shows on Mondays, Tuesdays or Wednesdays.





A Soldier from the Special Reaction Team, 728th MP Battalion, 8th MP Bde., 8th TSC, watches over the crowd at Weyand Field during the 4th of July Spectacular.

# MPs ensure July 4th safety

Story and photo by  
**STAFF SGT. RICHARD SHERBA**  
8th Military Police Brigade Public Affairs  
8th Theater Sustainment Command

**SCHOFIELD BARRACKS** — The annual 4th of July Spectacular, here, is known for great entertainment, great food, great fire-works and, of course, large crowds.

Participants from last year’s celebration totaled in excess of 43,000 at its peak, and although there is yet to be an official count assigned to this year’s crowd, the Directorate of Emergency Services, U.S. Army Garrison-Hawaii, anticipated the final count to be very similar in size.

How does one maintain the security of such a large crowd?

“The planning for this year’s event started the day after last year’s event,” said Maj. Peter Cruz, deputy provost marshal, DES, USAG-HI, and Headquarters and Headquarters Company, 8th Military Police Brigade, 8th Theater Sustainment Command.

“We started planning based on the lessons learned from last year, and we built upon our gaps,” Cruz explained. “We recognized which gaps we had, and we covered them. We found some new gaps this year, so the planning for next year’s event starts today.”

This year’s event was once again fun-filled and safe, thanks in part to the presence of almost half the personnel from the 728th MP Battalion, 8th MP Bde., said Command Sgt. Maj. Bradley Cross, senior enlisted adviser, 8th MP Bde.

“With our Military Police actively observing and being professional, that kept the crowd calm and made this a spectacular event for the Soldiers and families of this installation,” said Cross.

Sgt. Gregory Hand, team leader, 558th MP Co., 728th MP Bn., 8th MP Bde., was one

such example.

“I like interacting with the public; that’s the main part of our job, community policing,” said Hand. “The public gets to put a face to the uniform, and they get to see a different side of us, as opposed to us just responding to an incident or situation.

“We help them find their way,” Hand continued. “We help them find their kids, and we help them with just about anything that will make their day easier and more enjoyable.”

Air Force Senior Airman Nicole Arend, who’s stationed in Hawaii, attended the 4th of July Spectacular with a group of friends and spoke about her experience.

“I had a great time tonight. I definitely was aware of the presence of the MPs, but it wasn’t overwhelming,” she said. “It was actually really relaxing, but at the same time, there were no shenanigans, no mischief. It was just a very safe place and a great time.”

This feeling was exactly the experience Hand and his fellow MPs had hoped for.

“We wanted to make sure we were visible, so people knew we were there to help if needed. But, at the same time, we also wanted to keep low key and just let them enjoy the event,” said Hand.

Members of the crowd continuously thanked MPs throughout the day for working the holiday to keep them safe. However, Hand and his fellow MPs did not need the thanks, because they felt they were just doing their jobs.

“We know when we come in the military you’re going to work days, nights and holidays,” said Hand.

“That’s what we (MPs) do,” agreed Cross. “When you join the Army, you’re in public service, but when you join the Army ... you’re ... the ultimate public servant.”

# Soldiers surf with celebs

Story and photo by  
**SARAH PACHECO**  
Staff Writer

**EWA BEACH** — Learning to surf is on the bucket list of many Soldiers who get stationed in Hawaii.

Getting a lesson from bona fide rock stars and a surfing giant makes for an even more epic experience.

Four Soldiers from the Warrior Transition Battalion, Pacific Regional Medical Command, had the surfing session of a lifetime when Third Eye Blind front man Stephan Jenkins and drummer Brad Hargreaves joined them for a day surfing the sets at White Plains Beach, here, Saturday.

Also dropping in to give the Soldiers some pointers was Jenkins’ friend Buzzy Kerbox, a world-renowned waterman widely known for inventing tow surfing with fellow power surfer Laird Hamilton.

“Brad and I are both avid surfers, and surfing has really given a lot to us,” said Jenkins, who showed no fatigue from his previous night’s performance at U.S. Army Garrison-Hawaii’s 43rd annual 4th of July Spectacular.

“We’ve had mentors in surfing, and it’s about balancing the equation,” Jenkins continued. “That’s what people like Buzzy Kerbox did for me. I was lucky enough to have someone like him, and it feels really good to turn around and give that back to people, too, especially people who have sacrificed a lot.”

“I’ve heard about what they suffer from, and anything I can do to help, why not?” added Kerbox. “It was fun to be out there, helping them get the waves. Their surfing improved so quickly.”

Jenkins and Hargreaves reached out to the WTB through Mark Marble, the site coordinator for the Military Adaptive Sports Program (based on Schofield Barracks), after reading an article about a similar program in San Diego that uses surfing as therapy for veterans suffering from post-traumatic stress disorder (PTSD).

“(The article) talked



Third Eye Blind lead singer Stephan Jenkins (right) gives some sage words of surfing advice to Sgt. Kawaiola Nahale (left), WTB, PRMC, during a day at White Plains Beach, Saturday.

about how the engagement of the physical and the mental aspect of (surfing) triggers dopamine in the brain. It was kind of a scientific explanation of why people suffering PTSD get relief from surfing, and I just thought that was so cool,” said Hargreaves. “This was the first opportunity we’ve had to (get involved), and it’s something we want to do more.”

“For me, surfing is the one activity where I can be totally focused on what I’m doing; there’s a real freedom and a joy in the presence of the moment,” Jenkins said. “I think it takes a long time for veterans to get home, to get in the present tense, and I can’t think of anything better to assist in that process than surfing.”

The opportunity for the Soldiers to surf side-by-side with these celebrities also, no doubt, added to the healing process.

“(Third Eye Blind) got me through the ‘90s!” said Sgt. Kawaiola Nahale.

“I grew up in California, so it’s nice to have a band I’m familiar with come out and give their time to talk to us and see how we’re doing,” added Sgt. Tim Hilton.

“It’s a real honor for them to come out and support us,” agreed Staff Sgt. Billie Grimes-Watson. “I use their music when I exercise; it kind of gets me going.”

“When they said do you want to go surfing, I said yes. When they said how would you like to do it with Third Eye Blind, I said, are you kidding me? I’ll be there!” laughed Spc. Emily Robinson.

“It’s really cool for them to take time and spend time with Soldiers who, for a long time, years ago, were forgotten,” Robinson added. “I’ve only been in the WTB for two months, and since then my quality of life has just increased completely. The Army has totally changed its way of thinking about wounded warriors.”

“We appreciate any type of activity celebrities can participate in with our Soldiers,” said Maj. Glenn Young, operations officer, WTB. “It increases morale of the Soldiers, and it’s just a good thing all around.”



# Commissary announces current, upcoming events

**DEFENSE COMMISSARY AGENCY**  
News Release

Case lot sales are returning to local commissaries.

With the unveiling of Customer Appreciation, the Defense Commissary Agency brings back the popular sales event for its stores, including commissaries in Alaska, Hawaii and Puerto Rico.

Each commissary will hold a two-to-three-day event from Aug. 14 to Sept. 30.

Case lot sales offer patrons a multitude of items, some at savings of 50 percent or more, in full cases and in the club-pack format found in off-base club warehouse stores.

You also can check the “Local Store Information” section of your commissary’s store Web page to see when your commissary has scheduled its Customer Appreciation Sale. You can connect to your store’s page

by clicking on the “Locations” link on the DeCA website and accessing “Alphabetical Listings” in the drop-down menu to find your store’s Web page.

Some overseas commissaries may hold substitute events, such as sidewalk sales. Overseas patrons are asked to check their commissary’s Web page for local store information.

**Summer savings, sale events.** Commissaries are offering military patrons extra savings on the products they’ll need for their grilling get-togethers, pool parties or ocean-side picnics.

“Summer savings can be found at your commissary all season long, making life easier on your family

budget and, at the same time, helping others who are not so fortunate,” said Randy Chandler, DeCA’s director of sales. “The commissaries are proud to work with our industry partners to not only provide patrons with great savings, but also support our wounded service members and their families.”

DeCA’s industry partners — vendors, suppliers and brokers — are collaborating with commissaries in July to offer discounts beyond every-day savings.

Overseas stores may have substitute events for certain promotional programs. Patrons are asked to check their local commissary for details on dates and times.

**Feds Feed Families.** Commissary employees and customers also are working together to collect donations for the Feds Feed Families campaign.

The campaign, which began June 1 and continues through Aug. 31, collects much-needed items for local food banks.

Customers and employees can donate nonperishable food and personal hygiene items using marked bins at the entries or exits of participating commissaries.

“Times are still tough for a lot of families, and with commissaries and our patrons working together, we hope to lessen that burden,” said Vicki Archileti, DeCA’s executive director of infrastructure support.

Once the items have been collected, the installation will pick up the items and deliver them to a local food bank.



**More Online**

For a schedule of case lot sales, go to [www.commissaries.com/stores/html/store.cfm?do\\_daac=N&page=case\\_lot\\_dates](http://www.commissaries.com/stores/html/store.cfm?do_daac=N&page=case_lot_dates). General commissary information can be found at [www.commissaries.com](http://www.commissaries.com).

# A mom’s lecture series offers a ‘how to’ for growing teens

A couple of weeks ago, my husband came home after running errands on base with our daughter and said, “Wait ‘til you hear this one.”

Knowing my 16-year-old’s goofball tendencies, I knew that anything was possible.

“Go on, tell her,” my husband ordered our daughter, who was giggling uncontrollably.

Eager to relay the story, he took over.

“So, I’m driving down Peary Street, and I pull up to that mailbox that’s by the coffee shop there,” he said, shaking his head for maximum effect. “Then I give Anna the exterminator payment envelope and tell her to go mail it.”

So far so good, I thought.

“And do you know what your 16-year-old daughter does?” my husband asked.

“What?” I demanded, impatiently.

“She gets out and proceeds to walk around the mailbox three times, looking totally confused,” he said. “I am motioning to her to open the little door and deposit the envelope, but



**THE MEAT & POTATOES OF LIFE**

LISA SMITH MOLINARI  
Contributing Writer

she just stands there holding the envelope, shrugging her shoulders ... at 16 years of age mind you!

“Who knew, our daughter has absolutely no clue how to put an envelope into a flipping mailbox!” my husband said.

“Seriously?” I ask my daughter, whose giggling had escalated into convulsions of silent laughter.

I walked away from the amusing exchange chuckling to myself, but midway through folding a basket of laundry it dawned on me: I have completely failed as a mother.

My eyes bugged out as panic gripped my soul. If our 16-year-old can’t even figure out how to mail a letter, then how on earth can our 19-year-old son be expected to survive when he goes off to college at the end of the

summer?

In an instant, I knew I had to act fast. With only six weeks left before freshman orientation, I instituted a mandatory practical education class, much to the consternation of our three teenagers. Knowing that there was no way to sugarcoat what would surely be received with eye rolling and long sighs, I bluntly named my crash course “Mom’s Summer Lecture Series.”

The children mustered for their first lesson, “How to launder your clothes without turning every garment into a pastel pink size 00,” reluctantly, as expected. But before the excruciating half-hour was up, we covered detergent measurement, water temperature, color fastness, stain removal and the perils of dryer lint. I was going to go over folding, as well, but the kids looked like they might internally combust if they heard another word, so I

decided to save that for another day.

This week, I have planned a stimulating tutorial on how to boil spaghetti, and next week’s topic is all about warding off fungal growth. I’m keeping it a surprise, but future lessons will cover balancing checkbooks, reading bus schedules, disinfecting bathrooms and — my personal favorite — making your bed and lying in it. Oh, what fun!

Thank goodness I realized the error of my ways and have been given this chance to make amends. I may have failed my children over the course of the last decade, but I am now completely dedicated to helping my kids to help themselves.

As someone once said, “If at first you don’t succeed, do as your mother told you.”



File photo

**An exasperating encounter with a mailbox inspires a mother to create a crash course for teens.**

(A 20-year military spouse, Molinari’s column appears in military and civilian newspapers and at [www.the meatandpotatoesoflife.com](http://www.the meatandpotatoesoflife.com).)



# IPC program promotes child safety

SARAH PACHECO

Staff Writer

SCHOFIELD BARRACKS — With schools set to start in less than a month, many parents have their hands full buying supplies and registering their children for classes.

But now also is a good time for parents to consider what their keiki will be doing after school hours.

Island Palm Communities recently launched an alternative afternoon outlet for children ages 10-14 called Kids on Patrol.

“Kids on Patrol is a concept to help kids do something constructive during the school year,” said Sheryl Ferido, IPC community services manager.

“These kids were generally here anyway; they just didn’t have any direction to go in,” Ferido explained. “We teach them about safety, we teach them about teamwork, and we teach them about responsibility to themselves, others and the environment.”

Kids on Patrol meets from 2-4 p.m. every Wednesday at Kaena Community Center, here.

Each meeting begins with a briefing on a different safety subject, led by speakers from the Federal Fire Department, the Directorate of Emergency Services’ bike patrol or the Adolescent Support and Counseling Services (ASACS), based at Bldg. 647, here.

“I’m looking to involve Army Community Service’s FAP (Family Advocacy Program), also, so we can talk more about the home-alone elements,” Ferido noted.

Kids then go out and “patrol” for trash around Kaena Community Center, which, according to Ferido, teaches them about community service.



Sheryl Ferido, Island Palm Communities

**Sgt. Frank Poppa (front), 13th Military Police Detachment, 728th MP Battalion, 8th MP Brigade, 8th Theater Sustainment Command, helps (from left) Isaijah Rutledge, Antonio Redmon, Wildy Rivera, Evelyn Rmairez and Bayleigh Noble pick up trash surrounding Kaena Community Center during a recent Kids on Patrol meeting.**

“Afterward, we have an activity for them that usually involves some sort of outdoor physical activity in a friendly, nonpressure environment,” Ferido said, adding that each quarter, kids are treated to a special event, such as a pizza party or awards ceremony, to acknowledge their participation in the program.

“Basically, it’s teaching them safety, community responsibility and teamwork and collaboration ... and to get out of the video-game seats and come out and play when the weather is good!” Ferido laughed.

The program began March 5 with 15

members, who have quickly gone from school acquaintances to BFFs (best friends forever).

“They didn’t know each other all in the beginning, but now they’ve built this bond,” Ferido said. “They’re building new alliances, which is especially important for those going from middle school to high school or from elementary school to middle school.”

“Everyone here’s my friend,” said 11-year-old Antonio Redmon. “I enjoy the things that we do, like how we get to pick up trash to help the community.”

“They treat us really nice, and I learn a lot of stuff from the speeches,” agreed Wildy Rivera, also 11. “They talk about home safety and school safety and neighborhood safety, like not to talk to strangers. And I learned about water safety, like if you’re not a very strong swimmer, you have to go in the kiddie pool.”

“I learned that you can’t trust strangers, and you can’t give out your (personal) information, so you can be safe and have no danger,” added Antonio. “Everybody should come to (Kids on Patrol). It’ll be fun for everybody.”

Registration forms for Kids on Patrol are available at the Kaena Community Center office. According to Ferido, the program is open primarily to children who live in IPC communities, but any military-dependent child who wishes to join won’t be turned away.

“Parents are always welcome to come, too, no matter what their children’s ages are,” Ferido said. “And all kids of all ages are welcome; however, if they are under 10 years old, the parent has to stay the entire time, because of the USAG-HI Policy 34.

“These kids really own it. They want to come, and they want to do it. And we’re hoping to build this program into other community centers, but I can’t do that unless I have the support of other agencies,” Ferido added. “I’d really like to get more agencies and programs involved. As long as it benefits the kids, I’m open to it.”

# DOE has new K requirements

DEPARTMENT OF EDUCATION

News Release

HONOLULU — With public school slated to start in a month, Aug. 1, the Hawaii State Department of Education (DOE) is reminding parents about its new kindergarten requirements.

Starting this school year, children must be 5 years old on or before July 31 to enter kindergarten.

Also, kindergarten is now mandatory in the State of Hawaii.

Children who meet the age eligibility requirements for kindergarten may enroll in school anytime.

Parents of children born on or after Aug. 1, 2009, have several options, such as preschool at a private provider or prekindergarten classes at select schools.

Earlier this year, the state’s Executive Office on Early Learning announced 21 prekindergarten classrooms will be available at 18 schools statewide for children born on or between Aug. 1, 2009, and July 31, 2010, and who are eligible for free and reduced-price meals.

Priority will be given to children born in 2009 to enroll in these prekindergarten classes.

Parents whose children attended kindergarten outside of Hawaii, or at a private school in the 2013-14 school year, can discuss enrollment options with their home-school.

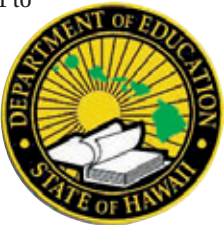
Despite the many possible placement scenarios, the final decision for a child’s placement will be based on the principal’s discussions among the appropriate teaching staff and parents.

“We encourage parents to be aware of the changes and take appropriate action for their children,” said Schools Superintendent Kathryn Matayoshi. “Kindergarten is a critical time in ensuring children have a solid academic foundation.”

The Hawaii State Department of Education is the ninth largest U.S. school district and the only statewide educational system in the country.

It is comprised of 255 schools and 33 charter schools, and serves more than 185,000 students.

The DOE is in the midst of a range of historic efforts to transform its public education system to ensure graduates succeed in college or careers.



Sarah Pacheco, Hawaii Army Weekly

**Justin Fienhold (left), a counselor at ASACS, quizzes keiki on what they should do to stay safe while on base during a Kids on Patrol meeting at Kaena Community Center.**

### More Options

U.S. Army Garrison-Hawaii’s Directorate of Family and Morale, Welfare and Recreation offers several before- and after-school activities and programs available to families under its Child, Youth and School Services division. They include the following:

- Child Development Centers,
- The EDGE!

- Family Child Care,
- Hired! Teen Apprenticeships,
- Middle School and Teen Centers,
- School-Age Services,
- SKIES Unlimited, and
- Youth Sports.

To learn more about any of these programs, visit [www.himwr.com/cyss-welcome-page](http://www.himwr.com/cyss-welcome-page).

### More Online

Visit the website [HawaiiPublicSchools.org](http://HawaiiPublicSchools.org), and enter “kindergarten” in the white search box on the home page to learn more about enrolling in kindergarten in Hawaii.

Parents can search under “enrolling in school” to be sure they have the necessary documents to enroll their child, including a birth certificate, a tuberculosis clearance, a completed student health record and proof of current address.

Get more details on the Executive Office on Early Learning’s prekindergarten classes at <http://earlylearning.hawaii.gov/doe-eoel-prekindergarten-program/>.







A good way to ensure success in the Performance Triad health challenge is by tracking your sleep, activity and nutrition on the check-in charts provided, each week.

# Performance Triad challenge moves into Week 6

## Now is a good time to evaluate progress

**U.S. ARMY GARRISON-HAWAII**  
Public Affairs

Have you checked your progress in the 26-week Performance Triad health challenge?

Track your progress this week with the “SAN 6-Week Check-In Tracking

Chart,” as seen above.

Have your sleep, activity and nutrition habits improved?

**Sleep Goal.** Caffeine and nicotine are stimulants. Did you know that caffeine even 6 hours before lights out will affect your ability to fall asleep and total sleep time?

Stop caffeine 6 hours before bedtime. Visit the Army Wellness Center (AWC) to learn strategies to elimi-

nate nicotine use.

**Activity Goal.** Did you know that adults who regularly engage in physical activity have a lower risk of depression? Take a 10-minute walk every day this week.

**Nutrition Goal.** Not sure what to eat and drink? Try starting with a plan.

A daily food plan will help you meet your nutrient needs.

**Resources**

For more information to help you meet your activity and nutrition goals, visit <http://armyhealth.pbrc.edu>.

Get started with healthy eating. Visit [www.choosemyplate.gov/weight-management-calories/weight-management/what-consume.html](http://www.choosemyplate.gov/weight-management-calories/weight-management/what-consume.html).



Learn more about the triad at <http://armymedicine.mil/Pages/performance-triad.aspx>.

# Everyone can build safety habits into summer relaxation

**MONICA BULLOCK**  
Army News Service

Summer is finally here once again. It’s time to whip out the shorts and spatulas and enjoy the warm sunshine; however, summer fun could be hindered by unintentional accidents if people do not make safety a priority.

According to the American Pyrotechnics Association, 9,300 serious injuries and four deaths occur every year from firework accidents. Also, the U.S. Centers for Disease Control and Prevention states that from 2005 to 2009, the number of drownings in boating-related accidents was 347.

The Hearth, Patio and Barbecue Association has even estimated that barbecue grill accidents send nearly 18,000 people to the emergency room and cause more than 6,000 fires and more than six fatalities annually.

To prevent such unfortunate events, here are some valuable safety tips to help keep Soldiers and civilians healthy and out of harm’s way while still enjoying a relaxing summer vacation.

**Water Safety**

It always feels refreshing to plunge into turquoise pools, deep lakes and the crashing waves of beaches when your

skin gets a little too sun-kissed.

Earl Whitley, U.S. Army Public Health Command safety intern, who enjoys fishing and canoeing in the summer, advised that when at the beach, to “research your area to know when high tide rolls in, and if you get caught in rip tide, do not try to fight it. Swim parallel to the shore.”

Additionally, Roy Valiant, USAPHC safety manager, cautions individuals to “drink responsibly in all water sports, whether in the boat or on the water.”

Here are some additional tips to be safe near the water:

- Always be cautious when dealing with deep waters, and ensure that everyone, especially children, can swim or uses a floatation device.
- Always check to see if there is a life-guard or a form of supervision present.
- Always wear shoes to protect your feet from hot sand or shells with sharp edges.
- Constantly hydrate yourself and reapply sunscreen!

**Grill Safety**

Who doesn’t love the savory smell of juicy burger patties and skewered kabobs steaming on the grill? If you safely prepare and cook your backyard barbecues,



Courtesy photo

**The Hearth, Patio and Barbecue Association estimates that barbecue grill accidents send nearly 18,000 people to the emergency room and cause more than 6,000 fires annually.**

you won’t have to worry about your delectable dinner going rancid or even up in flames.

Valiant, who enjoys beaching, golfing and a good barbecue himself during the summer, said, “Never start a charcoal grill with gasoline. You would be surprised how many people do.”

If you use starter fluid, only use charcoal starter fluid, and light it with a long-necked lighter, not matches.

Additionally, Whitley advised, “Remember to replace the hoses in a propane grill annually.”

Here are some additional tips for grilling in a safe manner:

- Keep the cold food cold and the hot food hot. The U.S. Food and Drug Administration counsels to never allow meat, poultry, seafood, eggs, produce or any other refrigerated foods to sit at room temperature for more than two hours.
- Check your grill often. The National Fire Protection Association has this to say about propane grills: “Check the gas tank hose for leaks before using it for the first time each year. If you smell gas while cooking, immediately get away from the grill and call the fire department. Do not move the grill.”
- Safely dispose of charcoal. When you are finished grilling, let the coals completely cool before disposing them in a metal container.

*(Editor’s note: Bullock is a student editor at U.S. Army Public Health Command.)*



Courtesy photo

**Don’t forget to apply, and reapply, sunscreen regularly.**



# Insect-repellent ACUs guard against lethal diseases

CAPT. BRIAN KNOTT  
Army News Service

ABERDEEN PROVING GROUND, Md. — In an age when diseases transmitted to people by insects or animals (called “vector-borne diseases”) are emerging worldwide, personal protective measures are essential.

The development of permethrin-impregnated clothing has been one recent advance in protecting persons at risk.

Soldiers live, train and operate in noncombat areas every day around the world. There is increased risk of getting bitten by insects that transmit potentially lethal diseases. Only a few are preventable by vaccines.

Although there are certain drugs available for the prevention of malaria, drug resistance is currently on the increase and spreading throughout many parts of the world.

For this reason, personal protective measures against biting arthropods and arthropod-borne diseases constitute the first line of defense.

A major advance in the protection of high-risk personnel (for example, outdoor workers, travelers and Soldiers) has been the development of topical repellents in combination with residual insecticides that can be impregnated into clothing, tents and netting.

The Army combat uniform, known as the ACU, treated with permethrin protects Soldiers from insect- and tick-borne diseases while in garrison, training and noncombat deployed environments.

Here are some facts about insect and tick-borne disease.

- Tick-Borne Diseases**
- Cases of tick-borne diseases are rising in North America.
- Lyme disease: 35,000 cases in 2010, up from 12,000 cases in 1995
  - Rocky Mountain spotted fever: 2,500 cases a year
  - Erlchiosis and anaplasmosis: 1,000 cases each per year

**Mosquito-Borne Diseases**

Since 1999, more than 30,000 people in the U.S. have reported illness from the West Nile virus. It has killed more than 1,200.

Other types of mosquito-borne encephalitis occur in North America. For example, dengue “broken bone” fever is making a comeback after a 45-year absence, and Chikungunya is a new emerging disease in the Western hemisphere.

The key to preventing diseases transmitted by insects and other arthropods, such as malaria and West Nile virus by mosquitoes and Lyme disease by ticks, is the simultaneous use



of all elements of the Department of Defense insect-repellent system — treated uniforms, pants legs tucked into boots and the application of DEET lotion on exposed skin.

Wearing permethrin-treated uniforms is a key component of this system. A single factory treatment with permethrin offers significant benefits to the ACU-permethrin wearer.

The ACU-permethrin eliminates the need for Soldiers to ever

think about treating their uniforms. The factory treatment uses special binders to ensure that enough permethrin is retained in the uniform’s fabric to protect against mosquito, tick, fly, chigger and midge bites for the lifetime of the uniform.

Factory treatment also guarantees that a safe and effective amount of permethrin is precisely applied to each ACU-permethrin. The guesswork as to who has and who does not have a permethrin-treated uniform is removed.

Factory treatment mitigates the potential risk of increased exposure by eliminating the need for Soldiers to apply concentrated liquid permethrin products.

Factory treatment also eliminates environmental concerns associated with the use and disposal of field-applied permethrin products.

Soldiers who’ve deployed before may have treated their own uniforms using the “Shake ‘n Bake” kits; most people agree that getting a pretreated uniform is much better.

Factory-treated uniforms are the best passive protection available, meaning Soldiers don’t have to do a thing; just put on the uniform, and the bugs will not bite.

*(Editor’s note: Knott is an entomologist with the U.S. Army Public Health Command.)*

## Resources

- For more information on preventing insect-borne disease, contact the DOD Pesticide Hotline at (410) 436-3773. Visit these sites:
- U.S. Army Public Health Command at [http://phc.amedd.army.mil/topics/envirohealth/epm/Pages/PermethrinFactory-TreatedArmyCombatUniforms\(ACUPermethrin\).aspx](http://phc.amedd.army.mil/topics/envirohealth/epm/Pages/PermethrinFactory-TreatedArmyCombatUniforms(ACUPermethrin).aspx).
  - DOD insect repellent system fact sheet at [http://phc.amedd.army.mil/PHCResourceLibrary/DoD\\_Insect\\_Repellent\\_System\\_FS\\_18-009-0714.pdf](http://phc.amedd.army.mil/PHCResourceLibrary/DoD_Insect_Repellent_System_FS_18-009-0714.pdf).

# Summer nutrition is a family affair

HANNAH M. O’STEEN  
Army News Service

FORT RUCKER, Ala. — School is out for the summer, and that means more meals are being made at home.

This summer, try new recipes with your children and even have them help in the kitchen to encourage healthy eating choices.

Summertime is full of all types of yummy foods. However, some foods found during the summer are healthy; others are a nutrition disaster. Remember, all foods can still fit into a healthy diet in moderation.

Keep in mind also that children have very observant eyes and watch everything going on around them, which is why it is very important to make sure you are the best role model with your eating habits. Healthy eating is a family affair.

Good nutrition starts with breakfast. Breakfast is the most important meal of the day, but is often the hardest meal to get in because of competing priorities.

Twelve to 34 percent of children and adolescents regularly miss their morning breakfast. Yet, eating breakfast has been shown to give more energy, to give the body’s metabolism a boost and to improve concentration.

Throughout the rest of the day, meals and snacks should have variety, balance and moderation.

- Variety means a variety of colors, flavors and textures. Food should not be boring.
- It’s important to find the right balance between the calories you eat and the calories your body burns.
- Moderation means don’t overdo it.

Exercise and movement are key proponents to a healthy plan. We must keep our bodies moving and practice healthy eating habits.

Exercise doesn’t have to be formal and strict. Exercise could be anything from bicycling around the neighborhood to playing Frisbee with the dog. Exercise also can be walking the dogs, swimming or playing a Wii Fit. The goal should be to get out and move for 30 minutes, five days a week. Exercising as a family is a great way to get your children involved.

So how do we get children to make healthy eating choices? Some great ways to get children to eat healthier foods is to get them active in the decisions, active in the shopping, active in preparation and cooking, and then let them take the recognition.

Growing your own fruits and vegetables in a family garden also is a great way to keep children involved in the process, and this action helps them see where their food comes from. Most children will not turn down food they grow, picked out, prepped, cooked and served.

*(Editor’s note: O’Steen works at Lyster Army Health Clinic, Fort Rucker, Ala., as a registered dietetic technician.)*

## Keiki Nutrition

- For more information on children’s nutrition and recipes, visit [www.eatright.org/kids](http://www.eatright.org/kids).